

WEEKLY TIMETABLE

Generated: 28/09/2025

Category: personal

Purpose: AI Generated Schedule

Tasks: workout schedule

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6-7 AM	workout sc..	Exercise	Rest				
7-8 AM	Study	Study	Study	Study	Study	workout sc..	Rest
8-9 AM	workout sc..	Exercise	Study				
9-10 AM	workout sc..	Study	workout sc..				
10-11 AM	workout sc..	Exercise					
11-12 PM	workout sc..	Study	workout sc..				
12-1 PM	Break						
1-2 PM	workout sc..	Exercise	Study				
2-3 PM	workout sc..						
3-4 PM	workout sc..	Study	Exercise				
4-5 PM	Study	Study	Study	Study	Study	workout sc..	workout sc..
5-6 PM	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Study
6-7 PM	workout sc..	Exercise	Rest				
7-8 PM	Study	Study	Study	Study	Study	workout sc..	Rest